

5th Nordic Conference in Nursing Research: 2 – 4 October 2023, Reykjavik, Iceland

The main theme of this conference was “Methods and Networks for the future.” The conference showcased a variety of presentations on how to develop, strengthen and utilize research methods in nursing and healthcare. In addition to the methodological and educational purpose, the conference provided a platform to discuss challenging topics with experts in methodology from the Nordic region. There were opportunities for network-building and a dedicated session to encourage interaction between doctoral students.

The Northern Nursing Education Thematic Network was well represented including both Vice Leads from NNEN [Paivi Jusso & Leah Macaden] at this conference with colleagues and doctoral students attending from our member institutions in Norway, Sweden and Scotland.

A wide range of presentations were delivered by members from NNEN at this very vibrant conference.

Member Institution 1

Division of Nursing and Medical Technology, Department of Health, Education and Technology, Luleå University of Technology

1. Johansson, G., Jusso, P., & Engström, Å. An integrative review to identify and summarize studies of nature-based interventions for people with stress-related illness.

Background

Spending time in nature reduces stress and have positive effects on health. Therefore, nature-based interventions (NBI) for people with stress-related illness are developed. The aim of this study was to identify and summarise scientific studies of NBI for people with stress-related illness. The research questions were: Which NBI have been studied? What are the key elements in NBI? What are the experiences and outcomes?

Methods

Integrative literature review was used as the method allows a combination of qualitative and quantitative data sources to describe current knowledge. A literature search was conducted in Cinahl, PubMed, PsycInfo, AMED and Scopus databases. Records identified in databases were assessed and 25 scientific studies were included in the analysis. Data were extracted, coded based on content and organised in separate matrices for each research question. Categories based on similarities and patterns in data were created which formed a summation in the result presentation.

Results

Included studies focused on garden or forest interventions. Key elements were a non-demanding atmosphere, natural environment, meaningful activities and interactions with others. NBI offered restoration that reduced stress, improved health and well-being and strengthened self-efficacy and work ability among the participants. Connectedness with nature supported their existential reflections and balance in everyday life.

Conclusion

NBI may have advantages to promote health for people with stress-related illness and should be considered as an alternative to those affected. Further research from different perspectives, including nursing, is needed to better understand the possibilities of NBI and how it can be integrated into practice.

2. Johansson, G., Engström, Å., & Juuso, P. A longitudinal case study of women with stress-related illness experiences of a nature-based intervention program in a northern natural setting. Abstract:

Background

Nature-based interventions (NBI) for people with stress-related illness are implemented in southern parts of Scandinavia. Participation reduces stress and have positive effects on health. NBI is rare in the Circumpolar North with a different climate which may impact outdoor activities. The aim of this study was to explore people with stress-related illness experiences of a NBI program in a northern natural setting.

Methods

A case study design was used to study a phenomenon in real-life over a period. Two women participated in a five-week program including activities with horses and forest bathing. Observations were done during two sessions. Data triangulation by multiple sources of data and methodological triangulation was used to reach both in-depth and broad descriptions. Data were collected by repeated semi-structured interviews, diary entries including rating scales for stress and health, and two self-assessment questionnaires measuring functioning in daily life and stress-related exhaustion which was repeated. Qualitative content analysis was used to analyse interviews and reflections from diaries. Ratings from diaries and self-assessing questionnaires were analysed and presented descriptively.

Results

The participants found a source for recovery and well-being and perceived the nature to be a calming refuge. They learned to be in the present, could manage tasks

and felt confident. They experienced joy and opportunities for change. Self-assessment questionnaires indicated improvements after NBI.

Conclusion

NBI in a northern natural setting can be health promoting. The results showed similarities with studies in other natural settings. Further research is needed with more participants and in various settings.

3. Juuso, P., Engström, Å., & Johansson, J. Nature-based interventions (NBI) as social innovation. Abstract:

Background

The health status of the population globally as well as in Sweden has improved and life expectancy has increased in the last century. At the same time, the number of people with non-communicable diseases such as mental illness has increased. Related to lack of resources, there is a need of social innovations and new ways of cooperation to solve the challenges of access to health care.

Methods

With the aim to develop a new model for collaboration between entrepreneurs offering NBI, public actors and representatives from healthcare organizations, we collected data in workshops on four occasions. The method used was inspired by Ripple-Effect-Mapping. Data was transcribed and analysed by means of content analysis.

Results

NBI broadens the base of available health-promoting activities for people with mental illness by cooperation between different actors who together can overcome the work in silos and contribute to wholeness in care, through coordination and integration of the different key players' roles, competencies, goals, and expectations. The new model includes six collaboration mechanisms; Integrating; Meaning-making; Legitimizing; Norm-critical; Mobilizing and Structuring mechanisms. These interacting mechanisms need to be taken into consideration when implementing NBI.

Conclusion

NBI as a social innovation is a new and possible way of working to achieve the goal with equal health for all. Such interventions require collaboration between different organizations (public, private, non-profit, and non-profit respectively) and individuals.

Member Institution 2

Nursing Studies, School of Health in Social Science, University of Edinburgh, Scotland.

1. STUDENTS AS CO DESIGNERS: THE STORY BEHIND DIGNISPACE

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| Author | <u>Macaden, Leah</u> , University of Edinburgh, United Kingdom (Presenting Author) |
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BACKGROUND

Dignity is a concept that most of us intuitively understand. The *Universal Declaration of Human Rights* states that “all human beings are born free and equal in dignity and rights¹”. However, it can be challenging to understand how to translate the concepts of dignity and human rights into the actual practice of care.

Dignity Engagement Space for Nurse Education using a Human Rights based Approach [DESNEHRA] is an innovative interdisciplinary project that breaks new ground by adopting a combined focus on a student-centered, co-produced technology-enabled engagement space, supported by creative intellectual thinking about the protection of human dignity.

AIM

To co-produce a Dignity Education Resource using a Human Rights based Approach.

METHODS

An online survey was completed by 136 nursing students from two Scottish Universities. The survey captured information on students’ understanding of human rights and dignity; dignity in practice using a case study and methods preferred for dignity education. Nine Co Production Workshops were facilitated by experts in Human Rights Law & Dignity across three sites with students, educators, practitioners, patients and carers.

OUTPUT

DigniSpace is the first online learning space focusing on the concept of dignity (through a consideration of human rights) and is underpinned by the PANEL (Participation, Accountability, Non-discrimination & Equality, Empowerment and Legality) principles of Human Rights as **the overarching framework**. **Dignispace will support** students to interrogate the concept and complexities of Dignity through self-directed reflective learning.

2. Evaluation of a novel bichronous online approach for Dementia workforce development.

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(Presenting Author)

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Background

Within the UK context, 850,000 people (one in 14 adults over the age of 65) currently live with dementia with future prevalence predicted to mirror global trends. Deficiencies in the quality of care for people living with dementia has intensified the need for an appropriately educated workforce. This need is recognised as a key challenge throughout the UK and internationally with concerns around deficiencies in knowledge, skills and attitudes among professionals caring for people with dementia¹.

Dementia Education for Workforce Excellence [DEWE] is the first comprehensive resource for bichronous learning developed during the pandemic.

Aim

To evaluate a bichronous online approach for dementia training [DEWE] across three different contexts including an international context.

Methodology

Kirkpatrick's model² adopting a mixed methods approach with an on-line survey and individual semi-structured interviews underpinned the evaluation.

Results

Thirty-four health care educators and social care practitioners participated in the evaluation. Participants reported the training to be relevant to their professional contexts with the bichronous approach preferred to face-to-face or asynchronous learning. Other findings include high levels of participant satisfaction with the quality,

presentation, content of asynchronous resources, opportunities for self and peer-supported reflections, interactive discussions alongside the expert facilitation.

Member Institution 3

Department of Nursing & Midwifery, University of the Highlands & Islands, Scotland.

1. Experience-based Modifications of the Bed Band ReAlised through Co-dEsign (EMBRACE) Project

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Mobility limitations affect between one third and one half of all adults 65 years and older in the UK. Upper body limitations are prevalent in people with Parkinson's, Multiple Sclerosis, Stroke and other conditions common to the Highland region of Scotland. A key challenge for people with mobility limitations is their ability to get adequate, high-quality sleep and or carry out daily activities independently.

To address these issues, Person Centred Solutions Ltd have developed the Bed Band, a patent pending device, designed to support positioning in bed for people with limited upper body mobility. The Bed Band aims to help ensure users can maintain a comfortable position whilst in bed, thereby reducing the incidence of slippage when carrying out basic activities, e.g., eating and/ or reading in bed and/or insomnia. Indirect anticipated benefits include improved user agency, self-esteem, autonomy and lower costs of care. The aim of the current project is to undertake a process of product development involving healthy volunteers and expert stakeholders to provide feedback on the design, functionality and usability of the Bed Band. The feedback gained is intended to support the development of a more user-friendly, beneficial and commercially viable product, as well as developing user instructions.

The exploratory nature of the project lends itself to qualitative and co-production methods. Co-production refers to the involvement of the research team, expert stakeholders, and product designers. Methods include user testing in simulation and virtual focus groups with expert stakeholders. Findings will be available from July 2023.

Care home workers experiences of stress and coping during COVID-19 pandemic: A mixed methods study

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Background: The COVID-19 pandemic created unprecedented challenges for healthcare workforces globally. Whilst Health Care Workers (HCWs) in care homes were and are central to the COVID-19 response, they are also amongst the most vulnerable to infection and psychological impact due to their frontline exposure.

Aim: The aim of the study was to explore the stress and coping experiences of healthcare workers (HCWs) in care home settings in Scotland during the COVID-19 pandemic.

Design: A cross-sectional mixed methods study was conducted using an online survey and interviews.

Methods: Mean scores were calculated for both stress and coping and t-tests used to explore possible links to demographics. Qualitative data were analysed thematically using Braun and Clarke's method.

Results: For 52 survey participants, the mean score for the PSS was $M = 39.75$ and CSE-M = 150.6 indicating high stress and medium coping skills. From the t-test, only absence of health issues was associated with higher levels of coping. Thirteen HCWs participated in one-to-one interviews. Qualitative data analysis generated four themes contributing to stress: 1. personal factors, 2. changed care environment, 3. amplified scrutiny and 4. psychological responses. Coping was represented as three main themes: 1. personal factors, 2. organizational culture and 3. safety and security. There is a critical need for a strategic approach to provide psychological support to care home staff both during and beyond the context of the pandemic.

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Member Institution 4

UiT The Arctic University of Norway, Department of Health and Care Sciences

Johnsen, N. & Bye, S. Oral presentation.

Arctic Samprax – The nursing education at UiT explores new clinical placement models for quality and capacity.

Waldahl, I. Poster presentation.

Digital resources for quality in nursing student clinical placements.